

**DEPRESSION OF DANNY'S CHARACTER IN
JOHN STEINBECK'S *TORTILLA FLAT*: A PSYCHOANALYSIS STUDY**



A THESIS

*Submitted to the English Literature Study Program in Faculty of
Cultural Sciences of Hasanuddin University as a Partial Fulfillment
of the Requirements for the Sarjana Degree in English Literature*

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**ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF CULTURAL SCIENCES
HASANUDDIN UNIVERSITY**

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LEGITIMATION

THESIS

DEPRESSION OF DANNY'S CHARACTER IN

JOHN STEINBECK'S *TORTILLA FLAT*: A PSYCHOANALYSIS STUDY

BY

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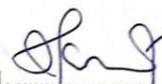
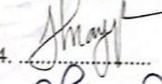
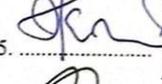
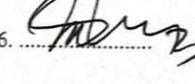
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AGREEMENT

On Monday, February 27th 2023, the Board of Thesis Examination has kindly approved a thesis by **SITI DWI NOVITA** (F041191022) entitled "*Depression of Danny's Character in John Steinbeck's Tortilla Flat: A Psychoanalysis Study*" submitted in fulfillment of one of the requirements to obtain Sarjana Degree in English Literature Study Program, Faculty of Cultural Sciences, Hasanuddin University.

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With reference to the letter of the dean of Faculty of Cultural Sciences Hasanuddin University No.1802/UN.4.9.1/KEP/2022 regarding supervision, we hereby confirm to approve the undergraduate thesis draft by **SITI DWI NOVITA** (F041191022) to be examined at the English Literature Study Program of Faculty of Cultural Sciences.

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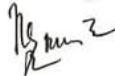
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Hereby, the writer declares that this thesis is written by herself. This thesis does not contain any materials which have been published by other people, and it does not cite other people's ideas except the quotations and references.

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The writer,



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Makassar, 30th January 2023

Siti Dwi Novita

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ABSTRAK

SITI DWI NOVITA. 2023. Depression of Danny's Character in John Steinbeck's *Tortilla Flat*: A Psychoanalysis Study. (Dibimbing oleh Herawaty dan M. Syafri Badaruddin).

Penelitian ini bertujuan untuk meneliti gejala-gejala dari gangguan mental atau depresi yang dialami oleh salah satu tokoh dalam novel *Tortilla Flat*, Danny. Tujuan lainnya yaitu untuk mengetahui penyebab dari munculnya gejala depresi yang dialami oleh Danny.

Data penelitian dikumpulkan dari studi pustaka yaitu pada novel *Tortilla Flat* karya John Steinbeck. Metode penelitian yang digunakan adalah metode deskriptif kualitatif yang menjelaskan permasalahan yang terjadi dalam penelitian. Selain itu, teori yang digunakan untuk meneliti objek adalah teori strukturalisme. Fokus penelitian ini adalah pada alur, latar dan tokoh-tokoh dalam novel. Penulis juga menjelaskan mengenai pendekatan Psikoanalisis oleh Sigmund Freud, didukung pula konsep mengenai Depresi oleh Debjit Bhowmik, K.P. Sampath Kumar, Shweta Srivastava, Shravan Paswan, dan Amit Sankar Dutta.

Kesimpulan yang didapatkan dari hasil penelitian penulis adalah novel ini menitik beratkan pada kehidupan para pemuda *paisanos* yang hidup dilingkungan Monterey. Selain itu, novel berfokus pada perubahan sikap yang dialami tokoh utama, Danny. Setelah mengolah data yang telah dikumpulkan dan teori serta pendekatan yang mendukung, maka penulis menyimpulkan bahwa Danny menderita gangguan stress berupa depresi yang disebabkan oleh masalah yang dia hadapai setelah menerima warisan rumah. Gejala yang sangat jelas terlihat sepanjang cerita adalah Danny yang kerap merasakan kesendirian dan kehampaan, tidak tertarik melakukan rutinitas, lambat dalam berpikir dan berbicara. Selain itu, penulis juga mengidentifikasi beberapa faktor yang menyebabkan munculnya gejala depresi Danny, seperti meningkatnya tekanan hidup dan penggunaan alkohol.

Kata Kunci: *Depresi, Karakter, Strukturalisme, Psikoanalisis.*

ABSTRACT

SITI DWI NOVITA. 2023. Depression of Danny's Character in John Steinbeck's *Tortilla Flat*: A Psychoanalysis Study. (Supervised by Herawaty and M. Syafri Badaruddin).

This thesis aims to analyze the symptoms of a depressive mental disorder in one of the characters in the novel *Tortilla Flat*, Danny. Another purpose of this study is to acknowledge the cause of the appearance of depressive symptoms experienced by Danny.

The research data was collected from a library study of the novel *Tortilla Flat* by John Steinbeck. The research method used is a descriptive qualitative method, which is done by explaining the data that is the problem in the research. Also, the theory that uses to analyze objects is structuralism. This research focuses on the plot, setting and characters in the novel. The writer also explains the Psychoanalysis approach by Sigmund Freud and supported by the concept of Depression by Debjit Bhowmik, K.P. Sampath Kumar, Shweta Srivastava, Shravan Paswan, and Amit Sankar Dutta.

The writer's conclusion from this research is that this novel focuses on the lives of paisanos youths living in the Monterey environment. In addition, the story also focuses on the change in the attitude of the main character, Danny. After elaborating data collected and the supporting theory used, the author concluded that Danny suffers from stress disorder in the form of depression caused by his problems after receiving a home inheritance. A pronounced symptom throughout the story is Danny, who often feels sadness and emptiness, has no interest in doing routines, and is slow in thinking and speaking. Danny's symptoms correlate with Freud's personality structure, which are *id*, *ego*, and *superego*. In addition, the authors also identified several factors that cause the appearance of Danny's depressive symptoms, such as increased life pressure and alcohol use.

Keywords: *Character, Depression, Structuralism, Psychoanalysis.*

CHAPTER I

INTRODUCTION

A. Background of the Research

Depression is a term of conditions associated with rapid mood swings, whether the increasing or decreasing mood change. Depression is the most major affective illness, which can range in severity from a very calm state that borders on normalcy to a severe condition characterized by hallucinations and delusions. Depression often comes with symptoms of anxiety. It also affects the behavior, thought patterns, and feelings of someone who suffers from it. Thus, these problems can become dangerous and disrupt one individual's daily obligations. There are also cases that people suffering from depression felt that there was no more use for life.

Human, in general, experiences depression, so it is related to their behavior in real life. However, it is a term that could be applied in literature in the case of character in the story because literary works are the products of human thought, created with the communicative purpose of conveying meaning or intent and the purpose of the author of the work itself. Literature is made by the author through the phenomenon of social life, for example, in terms of psychology which relates to human behaviors in life. The authors commonly describe a specific character's psychological condition reflected in the main character as the result of their creativity.

One of the most famous literary works is novels, which usually focus on one aspect of the characters' lives that resulted in their changed fate. According to Hawthorn (2022: 3), a novel is a story related to a real or fictional place or event that the author imagines through his observation of reality. A novel is usually organized around a plot or theme, focusing on character development and action. The novel is a literary work that can be studied scientifically and depicts various events experienced by the characters. The characters in the novel are the creative process of the author. Therefore, the writer chooses the novel as a research object because it describes events experienced by the characters and because the character is a crucial element in the story of literary works.

As mentioned above, that novel is a real or fictional event based on observation of reality and usually focuses on character development; the writer chooses *Tortilla Flat* novel as the research object in this thesis. *Tortilla Flat* is a 1935 story and one of the most well-known works by the American author John Steinbeck, who received the Nobel Prize in Literature in 1962 for his realistic and imaginative writings, combining as they do sympathetic humor and keen social perception. Most of Steinbeck's works are set in central California and frequently explore the themes of fate and injustice, mainly applied to downtrodden or everyman protagonists.

Tortilla Flat is a study of characters and the moral ruin of Danny, the central character in this novel. He is a kind and generous man, but throughout the story, his personality changes, becoming problematic with a hard time dealing with his depression. Danny is a highly complicated character who struggles with internal

conflict throughout the story. Throughout the novel, his problem emerges, from losing his freedom and being burdened with responsibility, the return of his old friends, and the loss of one of his homes to his disturbed mentality. Unfortunately, Danny does not know how to handle all the internal and external conflicts that made him end in mental illness. Steinbeck wanted to tell the reader that there is a lot of conflict in the story, creating the characters' traits. Therefore, the writer decides to choose Danny as the object of this study because there are many symptoms of mental health issues behind his bizarre behaviors. To get a more depth understanding of this, the writer chooses the psychoanalysis approach to analyze this object.

Psychology is a study of behaviors, and mental processes are about characterization, so it is related to character (Plotnik and Kouyoumdjian, 2013: 4). Furthermore, psychology was a part of literature because it had a relationship to the characterization or character personality. One of the approaches in literary psychology was invented by Sigmund Freud in the early 1890s, namely the psychoanalysis approach. According to Freud (2014: 18-25), this theory is a form of literary criticism that uses some of the techniques of psychoanalysis in interpreting literature. Furthermore, Freudian theory regards the fundamental motivation of all human behaviors as avoiding pain and gaining pleasure. Freud's personality theory (1923) saw the psyche structured into three parts (i.e., tripartite), the id, ego, and superego, all developing at different stages in our lives. The id is the primitive and instinctual part of the mind that contains sexual and aggressive drives and hidden

memories; the super-ego operates as a moral conscience; and the ego is the realistic part that mediates between the id's desires and the super-ego.

Using psychoanalysis theory, the writer focuses on a symptom that Danny experience in the story; depression symptoms. According to Freud, depression results from overstated self-blame and guilt from early events and interactions. Bhowmik et al. (2012: 41) also define depression, that is a common mental disorder that is associated with changing mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. Depression is a symptom often experienced by humans that is very easy to find because of the apparent characteristics of the sufferer and is caused by many influencing factors, so it is not uncommon for this mental disorder to be considered dangerous. From the explanation above, the writer can conclude that depression symptoms can apply to the characters in literary works because they in the written story also have personalities that can be analyzed in depth.

In this study, the writer focuses on the search for the form of depression in the main character by analyzing his personality using a structuralism and psychoanalysis approach to identify his behaviors and the reason behind Danny's suffering from the symptoms. The study is interesting and important to analyze using psychoanalysis because the main character's personality, namely Danny, has been described by John Steinbeck as a character who changes during the story due to the conflicts they face or is known as a dynamic character. However, to be known as a dynamic character, a character must have internal changes. Also, the transformation of the main character

in this story is related to the case of mental problems, namely depression. Therefore, this study tries to find out the depression symptoms experienced by Danny through the story.

B. Identification of Problems

In *Tortilla Flat*, the author describes each character differently, and all the characters' backgrounds are explained well. By understanding personality, the writer will get a better understanding of the lives of the characters. Based on the story, the writer identifies the following problems:

1. The story's main character, Danny, has a life purpose: freedom.
2. Other characters in the story have a wide range of personalities and behaviors.
3. The setting of the story occurred during the Great Depression.
4. The friendship of the Paisano conveyed a message.
5. Conflict exists between the main character and himself and his environment.
6. Conflict exists between the supported characters and how they solve it.

C. Scope of Problem

In accordance with the above problem, the writer realizes that there are many aspects to John Steinbeck's *Tortilla Flat* novel. The writer considers that the interesting elements analyzed by the characters in the novel are:

1. How is the personality of the main character.
2. Conflict in the story influences the main character's condition, eventually leading to Danny's mental issue.

Therefore, the writer focuses only on the problem related to the main character's personality.

D. Statement of Problems

1. What kind of depression symptoms does the main character experience?
2. What are the causes that suffer him from depression?

E. Objective of Research

1. To describe the kinds of depression symptoms that the main character experiences.
2. To explain the causes that suffer him from depression.

F. Benefit of Research

This research is expected to give the readers both theoretical and practical benefits. Those benefits are listed as follows:

a. Theoretical Significance

- The writer expects this study could benefit the reader, especially in giving more informational analysis on *Tortilla Flat*.
- The writer expects this study could contribute to the development of literary theory and become a reference to enrich its use to analyze other literary works.

b. Practical Significance

- The writer expects this study can benefit expanding knowledge and ability to analyze literary works using the psychoanalysis approach.

G. Sequence of Chapter

There are five chapters in this thesis, they are:

The first chapter consists of a background of the study, which contains a brief explanation of the main reasons behind the selection of the object and title of the study, the identification of the problem, scope of problem, the statement of the problem, the objectives of research, benefits of research and the sequences of chapters.

The second chapter involves the previous studies of the research, the psychoanalysis approach, the concept of depression, and the definition of the key term.

The third chapter is a research methodology consisting of the design of the study, focus of the study, data sources, data collection methods, and data analysis methods.

The fourth chapter is the finding and discussion, which is the most important part of the research as it contains the results of the analysis done by the writer.

The fifth chapter includes the conclusion of the whole research.

CHAPTER II

LITERATURE REVIEW

A. Previous Study

Tortilla Flat is unexpectedly popular, and many researchers seem to adopt it as the main object of literary analysis. The fact that this story has been used as an object of study by many people from different perspectives means that the writer realizes many references could support this research. Many previous researchers have made this application of the theory that will be used in this study so that it can help with this research. Therefore, in conducting this research, the writer uses some previous studies as references to support the research. The writer also utilizes other sources, such as articles and books related to this study.

Ramadhani (2019) conducted research entitled *Analysis on Blanche Dubois's Symptoms of Post-Traumatic Stress Disorder (PTSD) in William's A Streetcar Named Desire: A Study of Psychoanalysis*. In this study, Ramadhani aims to analyze the symptoms of the post-traumatic disorder that occurred in one of the characters in the drama *A Streetcar Named Desire*, Blanche Dubois, by using structuralism, a psychoanalysis approach with the theory by Sigmund Freud and supported by trauma theory by John Allen. The results of this study show that Blanche DuBois had post-traumatic stress disorder caused by an incident that happened a few years ago. The most evident signs shown throughout the story are Blanche, that often-re-experiences

flashbacks and anxiety. In addition, the writer identified factors that triggered the trauma to Blanche, such as violence and a loud voice.

Ira (2020) made a study entitled *The Conflict of Characters in Steinbeck Tortilla Flat*. This study aims to show the main conflict that occurs among characters and also means to reveal and explain its causal factors. This study also focuses on the impacts of the conflict among the main characters. This study uses a descriptive qualitative method using structuralism theory and conflict theory. The study results show that both internal and external conflict existed in the story. The causal factors of the conflicts are mostly because drunk, freedom, woman, bad attitude, and poor condition. The main conflict that occurs in the story is internal conflict.

Idayu (2021) also made a study entitled *Depression as Reflected on Hannah Baker in Asher's Thirteen Reasons Why*. This thesis aims to describe the depressive symptoms experienced by the character Hannah Baker and the causes of depression affecting Hannah Baker's life in the novel *Thirteen Reasons Why* by Jay Asher. This thesis is a study about depression experienced by the character Hannah Baker using a literary psychology approach according to the theory of Bhowmik et al. (2012), namely the symptoms, causes, and effects of depression. The method used in this research is descriptive qualitative. The results of this thesis found that of the fifteen depression symptoms mentioned in the theory of Bhowmik et al., there are six symptoms experienced by Hannah Baker. The causes of depression Hannah Baker are classified as stressful life events, which are divided into three parts, namely

oppression, social isolation, and sexual harassment, which impact Hannah Baker's life, ultimately deciding to commit suicide.

From the previous studies above, the writer decided to conduct research in the same field with different methods, limitations, and objects. This research is different from all the previous studies mentioned. The first related study explains the same theory but with a different object. The second previous related studies explain the same object but with a different focus of the study, and the third related study also explains the same method with a different object. As a result, in this study, the writer analyzes the types of depression, the causes of depression, and the effects of depression on *Tortilla Flat's* main character, Danny, by analyzing the story and the personality of the central characters.

Furthermore, this study focuses more on a character's personality. By analyzing Danny's hope or desire, the writer can describe the reason for the main character's struggle. The research has been conducted with the help of the psychoanalysis approach.

B. Theoretical Framework

In analyzing a literary work such as a novel, a theory is essential to provide explanations and make more scientific and accurate analyses using various approaches. In this study, the writer uses a structural or intrinsic element such as plot, setting, and characters and a psychoanalysis approach to analyze the character's personality with the help of the depression concept, which can describe the symptoms and causes of depression.

1. Structuralism

A novel is a literary work written in various aspects. Works cannot be perfect unless these elements are present. Structuralism theory emphasizes the whole relationship in the text. In a literary work, a reciprocal relationship between each element builds it to create a structure of these elements. The development of structural approaches has been strongly influenced by the concept of linguistic structure developed by Ferdinand de Saussure (Al Umman, 2015: 2)

The structural theory that holds literary works comprises several linked and structured elements. One aspect used to build the story in the novel is the intrinsic element, which discusses the factors that create literary works. According to Abrams (1999: 136), intrinsic value is one of the theories used for analyzing the aspects of literary work.

Intrinsic elements of a novel are the same as that of a short story, which consists of characters, plot, setting, theme, and point of view. However, in this study, the writer mainly focuses on the story's plot and the character's condition. Hence, the writer briefly explains the structural elements, such as plot, character, and characterization.

1) Characters & Characterization

Characters are the essential components in the novel that drive the conflict and provide the point of view for the story. As the characters are the story's main focus, the story cannot be appropriately delivered without them. According to Abrams (1981:20), characters take action in dramatic or narrative works, and readers are

endowed with what they say, dialogue, and the moral and provocative qualities expressed by their actions.

Most writers use characterizations to help readers understand more about the characters in a novel. Characterization is how the writer in the literary works describes the way characters in the story. Murphy (1972: 161-173) shows several basic meanings of characterization: that a character is revealed by (1) the description of the author about the character, (2) what other characters say or think about him, (3) his speech, (4) his past life, (5) his conversation with the other characters, (6) direct comment in the story, (7) his thoughts, and (8) his mannerism. From this, it can be concluded that characterizations are character characteristics described by the author as a factual description in their work to help readers more easily explore the story by understanding each character.

Milligan (1983: 155) stated that based on their importance, characters can be divided into two types: major characters and minor characters. A major character is the main character or the center of the story. Therefore, it will usually appear in the story because the events that surround him involve him directly or indirectly. Meanwhile, minor or supporting characters are less important than the main character because their existence is just to support the main character's development.

Abrams (1981: 20) also stated that there are other essential types of characters to understand when writing an interesting story: dynamic and static. A dynamic character is a character who undergoes significant internal change throughout a story. The main or major character of the story is dynamic. Unlike dynamic characters,

static characters are types that remain largely the same throughout the story. Their surroundings may change, but they retain the same personality and outlook when the story begins. It is common for minor characters in stories to be static.

2) Plot

The plot is an important element in a literary work. The plot is an element consisting of significant events in the story. Understanding the plot in a literary work is essential for its readers because it serves as a unit built by the events. According to Perrine (1974: 43), a plot is a sequence of events that compose the story by including what characters think or utter in the story, as well as what the characters do, but it excludes description and analysis and focuses on major happenings.

Aristotle gives an alternative plot consisting of exposition, complication, climax, and denouement (Yelland, Jones, and Easton, 1953: 148).

- *Exposition* is the stage of introducing characters and setting a story. At this stage, the author will introduce the character through dialogue or expression of thoughts, the arrangement of story scenes, and the relationship between the characters in a story.
- *Rising Action* is the most important part of a fictional story. At this stage, various conflicts will arise until they reach a certain climax.
- *Climax* is the highest point in a story, where the characters involved reach the peak of the conflict.

- *Falling Action* is part of the story that follows the climax. This stage is a turning point toward resolving the conflicts experienced by the characters.
- *Denouement* or *resolution* is part of the story that consists of a series of events that accompany the falling action and is the story's conclusion. However, not all stories have this point.

3) Setting Place/Time

The setting is also an important element in the story because it is the element that makes the story real and it builds the story. The setting relates not only to the place and time but also to tradition, characters, and social behavior. According to Fenanie (2000: 97), the setting is an element that will describe the general situation of a literary work.

Settings are divided into several types, but what is commonly known are the setting of place and time. Setting of places is explained by where the story occurs, for example, in one region, city, or a more detailed place where the characters live. Setting of time is about the year, era, or, more specifically on, the turnaround of time that occurs in the story.

2. Psychoanalysis Approach

Psychology does not study psychics directly because it is abstract, but psychology limits the manifestation and expression of the psychic, that is, shaped behavior and process or activity, so psychology can be defined as a science that studies the behavior and process of psychics. It means if someone studies human behavior and

the human psyche, they study psychology. Psychology can be used to explain the fictitious character. Furthermore, describing one of the theories of psychology below may perhaps support the analysis of the psychological aspects of the main character.

Austrian neurologist Sigmund Freud invented one of the psychology theories in the early 1890s. It is often called psychoanalysis. It is explained that Sigmund Freud was born in Freiberg, Moravia, on May 6, 1856, which became the fiefdom of Austria-Hungary (Freud, 2014: 11). Freud himself came from a Jewish family, and he studied medicine in Vienna. The term psychoanalysis appeared in 1896, and its discovery made Freud an influential man of his time. As a neurologist, Freud based his ideas on psychological theory on his experiences treating patients with mental illnesses (Eagleton, 2011: 113).

Sigmund Freud did not explain his theory of psychoanalysis because Freud's explanations were constantly changing. In a journal published in Germany in 1923, Freud described the meaning of psychoanalysis. First, the term is used to denote one method of research on psychic processes (such as dreams) that has not yet been scientifically proven. Second, psychoanalysis is used to cure psychic disorders caused by neurotic patients. Third, the term is used to indicate all psychological knowledge obtained through the methods and techniques that have been done. Furthermore, psychoanalysis focuses its attention on one concept, namely unconsciousness.

Psychoanalysis is widely applied in any literary research that uses a psychological approach. Freud developed psychoanalysis as a form of literary criticism that uses some techniques to interpret literature. Furthermore, Freudian theory regards the

fundamental motivation of all human behavior as avoiding pain and gaining pleasure. From the explanation above, there is a distinction in the use of psychoanalysis. In this case, psychoanalysis is used to interpret literary works.

In *An Introduction to Theories of Personality* (2014: 18), Freud's psychoanalysis consists of three levels of consciousness: *conscious*, *preconscious*, and *unconscious*. Psychoanalysis is a form of therapy that aims to cure mental disorders by analyzing the interaction of conscious and unconscious elements in mind. In 1923, Freud popularized his new theory of three other personality structure models, the Id, Ego, and Superego. In psychoanalysis terms, these three factors are also known as the three "instances" that characterize psychic life.

Freud (2006: 11-15) explained the three models of personality structure:

1. Id

The id is the most basic psychic layer and the original personality system of humans from birth. There is an innate instinct (sexual and aggressive) and repressed desires. When they perform their functions, the "id" tries to find a way of releasing excitement and tension, then energy. It works by the pleasure principle; it tends to pursue happiness and avoid suffering, so the "id" cannot stand any setbacks and has no scruples. The Id is unaffected by the control of the Ego and the principle of reality—moreover, Id located in the Unconscious area.

2. Ego

The Ego is formed by differentiation from the id because of its contact with the outside world. The ego is a personality structure that acts as a decision-giver based on the principle of reality. The ego plays an important role in the implementation or absence of the need-fulfillment drive that arises in the id. Therefore, it will find the most realistic way to meet the Id's needs. The ego understands moral values and seeks to meet the id's needs by considering whether it follows the rules and norms. The Ego is in the consciousness area.

3. Superego

The superego encourages humans to live perfectly and ideally, and it is impossible. Superego, with its moral values, is contrary to the id with the principle of enjoyment and often controls or blocks completely the impulses that arise through the id. Superego is the basis of moral conscience. Superego activity manifests in conflict with Ego, which is felt in emotions such as guilt, remorse, etc. Attitudes such as self-observation, self-criticism, and inhibition originate in the Superego. The Superego is in the Conscious area like the Ego, but it is also different because it is unrealistic.

Literature cannot be separated from psychological issues, so analyzing through psychological support is always needed. In general, psychoanalysis is a theory that is regarded as a theory of personality organization and the

dynamics of personality. Therefore, the writer can use this theory to analyze the character in literary work according to the character's mental state.

In using psychoanalysis, Abrams (1999: 247-253) gives several steps to be considered to get the relevant results, such as:

1. The first step is to identify the intrinsic element of literature, such as characterization, plot, setting, and theme.
2. Find what kind of character behavior is and explain why it is different from human behavior in general.
3. Then, analyze the conflict between the characters, which occurs between themselves, other characters, or the environment.
4. Try to understand the author's mental condition by reading their biography to know what they have done from childhood until they are grown up because the possibility of the author's experience can also affect the character they create in their works.
5. Analyzing literature from the reader's side can also be used in psychoanalysis.

3. Depression

According to Ribeiro et al. (2018:106), Freud developed a new understanding of how the mind works by exploring the id, superego, and ego. He found that these three parts of the mind are responsible for different aspects of our behavior. In particular, Freud considered the dynamics of these three systems and how they affect our mental

state. He was among the first to realize that an over-dependence on guilt and self-blame often causes depression. Moreover, the psychodynamic theory is based on the belief that the conscious and unconscious mind come into contact and create conflict. Freud's approach has had a significant impact on modern views of depression. Some psychological perspectives suggest that depression is caused by negative mental frameworks that lead to automatic thoughts and ways of interpreting the world that support these patterns. In short, psychoanalysis can offer some insights into the causes, symptoms, and treatment of depression, but its use should not exclude other concepts or investigations.

In the correlation of psychoanalysis term by Freud, the concepts of depression used in this thesis are from Bhowmik et al. (2012), namely the symptoms, causes, and effects of depression. Depression is more than just unhappy feelings; it is a major depressive disorder or an illness involving the mind and body. Depression is an extreme sadness that leads to the belief that one's life is meaningless. Depression is a psychological or mood annoyance characterized by excessive sadness, feeling worthless, feeling life is empty, constant focusing on failures and mistakes, or blaming themselves, and is frequently accompanied by suicidal thoughts. Depression can influence the behavior, method of thinking, and mood of humans who have it. Depression often disturbs daily activity and can cause someone to think that it is not useful to live. In Bhowmik et al. (2012), the exact cause of depression is unknown. Many researchers believe chemical changes in the brain cause it. Furthermore, there

are several factors suspected as a cause or risk factor for depression, according to Bhowmik et al. (2012: 48); they are:

- 1) Loneliness or isolation (loneliness)
- 2) Stressful life events
- 3) Lack of social support
- 4) The existence of family or marital problems
- 5) Financial problems
- 6) Trauma
- 7) Unemployed or have no job
- 8) Alcohol/use of drugs or narcotics
- 9) Negative mindset.

The signs and depression symptoms may differ from one person to another, especially depending on the type of depression they are experiencing. According to Bhowmik et al. (2012: 42), general symptoms may include one or more of the following:

- 1) Feelings of sadness or unhappiness/emptiness
- 2) Feeling guilty, worthless and helpless
- 3) Feeling irritable or frustrated, even over minor issues
- 4) Loss of interest in activities or hobbies
- 5) Feeling tired or low on energy
- 6) Crying for no reason
- 7) Difficulty concentrating, thinking, remembering details, or making decisions

- 8) Difficulty falling asleep, early-morning wakefulness, or oversleeping
- 9) Overeating or loss of appetite
- 10) Experiences aches and pains, headaches, cramps, or digestive problems.
- 11) Slowed thinking, speaking, or body movements
- 12) Thoughts of suicide, or even attempting suicide

Based on the concept above, the writer can conclude that depression often happens in humans and the fictional characters in stories, for example, in novels. Depression can be analyzed if the writer can understand the personality and behavior of the person or characters in the stories. In this research, the writer uses psychoanalysis to find the main character's behavior after he experiences depression.

C. Definition of Term

- a. Character. People in fiction work such as novels and short stories. It can be found on the basis of what the author tells us about them and based on what they do and speak.
- b. Depression. A common mental disorder that appears with changing mood, loss of interest or pleasure, decreased energy, guilt or low self-worth, disturbed sleep or appetite, and poor concentration (Bhowmik et al., 2012: 41).
- c. Intrinsic. Element of literary works consists of characters, plot, setting, theme, and point of view.
- d. Psychology. A scientific study of the activities of the individual. It is to discover what particular condition produces a given type of activity so that

eventually, psychologists will be able to control and direct human activities by controlling this condition.

- e. Psychoanalysis. A branch of science developed by Sigmund Freud and his followers, as a study of human psychological function and behavior.